



Foggy Bottom News

June 1988

Published for and by the Citizens of Foggy Bottom

Vol. 33, No. 9

Campus Plan Decision Still Pending

The Board of Zoning Adjustment will soon give final approval to George Washington University's revised campus master plan for the years 1985 through 2000. ANC 2A, the Foggy Bottom Association, and other neighborhood groups and individuals strongly opposed many aspects of GW's proposed campus plan and GW's application for approval has been pending before the BZA for over two years.

Here's How It Started

Under the D.C. Zoning Regulations, colleges and universities are not permitted in residential districts unless they have a campus plan approved by the BZA and obtain separate BZA approval for each building constructed. The BZA approved a campus plan for GW in 1970. When GW sought approval for a Support Building on F Street in 1983, ANC 2A opposed the proposal before the BZA arguing, among other things, that the Support Building was not part of the 1970 campus plan. The BZA approved the Support Building but found that

"the GWU campus master plan should be revised and updated to indicate more definitively the nature of anticipated development in the Plan area." In response, GW submitted to the BZA in April, 1986 a revised campus plan covering the years 1985 through 2000.

GWU Plans Expansion in FB

GW's revised campus plan describes a major expansion of GW's presence in Foggy Bottom. GW intends to increase the daily university population (students, faculty, employees, visitors) by 20%, from 25,000 to 30,000, and to construct additional buildings totaling at least 2,300,000 square feet of floor area. GW proposes to accomplish that significant expansion by acquiring and eliminating all remaining non-university residential uses within the campus and developing the entire campus to the maximum permissible height and density and, indeed, seeking rezoning to increase the permissible height and density. In a major depar-

(continued on page 4)

The 1st Annual Foggy Bottom July 4th Festival

On Your Way to the Mall... stop by the 1st Annual Foggy Bottom July 4th Festival! 2000 Pennsylvania Avenue will be hosting the Independence Day bash along with WAVA Radio, the Foggy Bottom Association, and Budweiser Beer. Eye Street will be closed between 20th and 21st streets, on Pennsylvania Avenue, and there will be free parking from 10 a.m. to 1 a.m. — yes, a.m. — in the garage under the 2000 Pennsylvania Avenue building (entrance on 20th Street). For those of you who are interested in a tasty bite before the fireworks, both DEVON and WOLENSKY's Restaurants, as well as CIAO and LE CAFE, will be providing lots of good things to eat. And to wash it all down and to keep you cool — we all know what summer in D.C. is like — BUDWEISER will bring the beer and add a little fun to our Foggy Bottom celebration. And let's not forget the entertainment! Beginning at 12 noon, KIM ANDERSON and CAPTAIN FOGEL from WAVA will be at 2000 Penn. with the famous "Music Machine" playing lots of popular tunes for your "listening pleasure" and giving away some great prizes! Special appearance by Reagan impersonator, Don Williams. "BRUNO LOVES DANGER" — one of the greatest local bands in this area — will be at 2000 Penn. from 4 p.m. til 6 p.m.! (Recently they've appeared at the Bayou and the 9:30 Club.) So... for mouth-watering food and drink, a bit of lively music, and lots of fun... not to mention FREE parking... come celebrate the 4th of July at 2000 Pennsylvania Avenue in Foggy Bottom! Don't miss it — just 4 blocks from the mall!

HAPPY 4TH OF JULY



FBA to Hold Elections

On June 27 elections will be held to vote for 11 people to serve as your representatives to the Executive Board of the Foggy Bottom Association. Candidates for election selected by the Nominating Committee are as follows:

For President

Richard Price, 2555 Pennsylvania Avenue

For Vice President

Elayne DeVito, 2501 M Street

For Secretary

Jessie I. Stewart, 1001 26th Street

For Treasurer

Dinanda H. Nooney, 955 26th Street

For Membership Director

Grace E. Watson, 2521 Queen Anne's Lane

For Executive Board (6 to be elected)

John Abruzzese, 1001 26th Street

David Carney, 2524 Eye Street

Morris J. Chalick, M.D., 2450 Virginia Avenue

Evelyn G. Freyman, 2500 Virginia Avenue

Ruth M. Knauft, 955 26th Street

Marianna E. Moore, 2124 Eye Street

Orhan S. Ozdemir, 1121 24th Street

Henrietta Y. Zoltrow, 922 24th Street

Information on the candidates can be found elsewhere in this issue.

MEETING Foggy Bottom Association

8:00 P.M. Monday
June 27, 1988

St. Paul's Parish House
2430 K Street, N.W.



Summer Quest Begins, Storytimes Continue at West End Library

The West End Library is continuing its Storytimes schedule in July, as follows:

Monday, July 25, 7:00 p.m.	Ages 3-5, Storytime
Tuesday, July 19 & 26, 10:30 a.m.	Ages 3-8, Films
Wednesday, July 20 & 27, 10:00 a.m.	Age 2 (with parent), Storytime
Wednesday, July 20 & 27, 3:00 p.m.	Age 8 and up, Films
Wednesday, July 20 & 27, 4:00 p.m.	Ages 6-9, Storytime

THEMES:

Week of July 4 & 11	NO PROGRAMS
Week of July 18	"Lazy Days of Summer"
Week of July 25	"Zoo Doings"

Remember to participate in the Summer Quest and Readasaurus Reading Programs. Read books, get a free poster and stickers; maybe even win an IBM personal computer.

Registration is necessary for all programs. Call 727-1397 for details. West End Library, 24th & L Streets, N.W.

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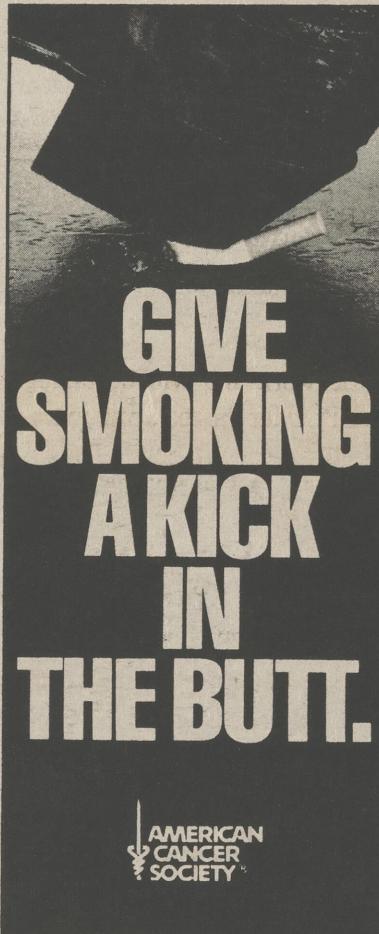
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June 1988

Volume 33, No. 9

Foggy Bottom News

The *Foggy Bottom News* is a publication of the Foggy Bottom Association. All editorial assistance is contributed on a volunteer basis by residents of the area.

Editor	Ellie Becker
Assistant Editor	Kirsten Olsen
Circulation	Judy Thomas
Advertising	Ellie Becker
	Betty Lawrence Olsen

All announcements, letters, articles, etc., welcome but must be typed double spaced. Please include an evening phone number. Send to:

FOGGY BOTTOM NEWS
c/o West End Library
24th & L Streets, N.W.
Washington, D.C. 20037

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1987-88 EXECUTIVE BOARD

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Sidewalk Talk

By Betty Olsen

Richard Price jaunted to the Big Apple recently. "Just a short hop but an enjoyable one," he reported.

George Washington University's alumni met on the quad recently to honor **Lloyd Elliot** who is retiring after 23 years as President. A huge cake was served and balloons were flying high with helium, sporting the likeness of Elliot sketched by Nip Rogers. Elliot will be associated with the *National Geographic* after his August 1st departure.

Father Ralph Bethancourt is a new parish priest at St. Paul's. He was ordained this past December but had been with the church since June 1987 as a

deacon and two years prior to deaconsip he was a seminarian. Belated welcome, Father.

The first annual Bark Ball held as an Emergency Building Relief Fundraiser for the Washington Humane Society was held recently at the Hotel Washington Ballroom. **Robin Weir** was one of the four co-chairmen of the event.

You should see the orchids Walter Anderson has grown inside his condo at the Westbridge. In a word — they are GORGEOUS.

Bernice Friedlander is celebrating her third year of not going near the water at The Claridge House pool which is now open atop the cooperative. No

wonder her skin is like fine china. By the way the Claridge House is decorating its lobby again; this time primarily in shades of grayish greens.

Maria Tyler called the other day to say thanks for the mention of her Russian library in last month's column. She said that she had heard about it from the Fire Station. Hey, guys (girls?), thanks to you for spreading the *News* news! And some old news, which may be new news to some, is that Maria Tyler retired from her position with the International Monetary Fund last December, and her husband Geoffrey retired this spring. But don't bet they are a lady and gentleman of leisure!

LETTERS

Beautification Project
Foggy Bottom Association

Dear Project Members:

The proposed Beautification Project is a wondrous endeavor. I commend the leadership behind its launching. The project is one in which everyone can participate for the good of all.

Foggy Bottom is a prize residential area. But our hundreds of residents litter and some litter gloriously.

I suggest, as part of the campaign, a slogan encouraging each resident, when out on the street, to pick up two pieces of trash per day. Not very much to ask. Perhaps it is time to take an activist position on the matter of trash. Such a campaign might have a positive effect on littering, a renewed consciousness on strewing and tossing, and more debris in the trash cans.

I have done my stint on street trash, two or more per day, since July 4, 1987. At times the removal of a few pieces of trash has cleared a whole block. At other times, it hardly made a dent and in these instances I wished for willing hands.

M. MARIAN WOOD

Thank you for publicizing selected events of the IMF Visitors' Center in the May 1988 issue of the *Foggy Bottom News*.

I have noted that more and more residents of the Foggy Bottom area are making use of the IMF Visitors' Center for different events. The Center is becoming a major element in the cultural life of our neighborhood through exhibitions, films and other cultural events and also it contributes to a better understanding of the role and functions of the IMF.

YVES GISSE, Manager,
IMF Visitors' Center



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Puddin's Paw Prints



The Foggy Bottom News publication year begins again with the September 1988 issue. How about beginning an annual dog show the next month, October? Think about it, especially during the dog days of summer, and decide whether you and your pup want to strut your stuff this fall. There could even be awards for different categories, that is, if you think you and your pup



Oliver, the Basset Hound, takes Dan out for a summer stroll at the Kennedy Center.

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Campus Plan

(continued from page 1)

ture from the 1970 campus plan, the revised plan allows GW to use GW's buildings on Pennsylvania Avenue and 19th Street (1900 Pa. Ave., 2000 Pa. Ave., 2100 Pa. Ave., 2122 Pa. Ave., and 600 19th Street) as permanent commercial office space. The 1970 campus plan required those buildings, which contain a total of 2,285,000 square feet of floor area, to be converted to university use to accommodate future university growth. GW's revised plan also includes proposals to close five blocks within the campus to vehicular traffic, to construct five above-street pedestrian bridges between university buildings, and to increase the permissible height limit for university buildings in the central campus area. GW intends to continue using substantial space outside the campus boundaries within ANC 2A for university purposes, and, despite GW's planned expansion, the revised plan does not require construction of any additional university parking.

In a commendable effort to keep the neighborhood informed, GW submitted drafts of the revised campus plan to the Office of Planning and neighborhood representatives for review and comment prior to filing the plan with the BZA. That resulted in some improvements to the plan but disagreements remained. ANC 2A and the FBA took lead roles in representing the interests of the neighborhood both in commenting on GW's drafts and in hearings before the BZA. In September and October 1986, the BZA held two days of hearings on GW's application for approval of the campus plan. ANC 2A adopted and filed extensive reports describing the objectionable features of GW's proposed plan, and representatives of ANC

EDITOR'S NOTE: Anyone who wants to help support an appeal to the D.C. Court of Appeals, if it becomes necessary, is urged to drop a note to the FBA in care of the West End Library, 24th & L Streets, N.W. 20037. The neighborhood's appeal would have to be filed during the summer months, since BZA is expected to rule shortly, and the appeal time is very limited. If you would be willing to contribute to an appeal fund, if it's needed, let us know and we can get back to you later. It's an important case for the area, and your support will be badly needed.

ZA and the FBA testified in opposition to the plan before the BZA.

BZA Approved — with Conditions

On February 25, 1988, the BZA issued an order approving GW's revised campus plan subject to conditions. The BZA approved GW's planned expansion and allowed permanent use of the buildings on Pennsylvania Avenue and 19th Street for commercial purposes rather than university uses. Although ANC 2A objected that the revised campus plan does not describe a single planned building nor specify any firm locations for particular uses the BZA declined to insist on more specificity in the plan; however, the BZA did require that "the height, bulk and design (including the location of any means of approach and egress) of future University structures will be compatible with and sensitive to the height, bulk, and design of adjacent non-University-owned

structures." The BZA refused to decide on GW's proposals for street closings, pedestrian bridges, and height increases on the ground that the BZA lacks jurisdiction over such matters but, nevertheless, allowed those proposals to remain in the campus plan. The BZA allowed GW to continue use of off-campus space in ANC 2A but required that office and administrative off-campus uses be in commercial zones. In response to recommendations of the Office of Planning, ANC 2A, and the FBA, the BZA removed Concordia Church (20th and G Streets) and Square 43 (bounded by 23rd Street, G Street, and Virginia Avenue) from the campus area, finding that "removal of Square 43 [is] essential to the preservation and enhancement of residential uses in the Foggy Bottom neighborhood. The BZA also required GW to designate at least one site within the campus for new dormitory construction.

Reconsideration Motion Is Pending

GW immediately filed a motion for reconsideration asking the BZA to reverse every aspect of the BZA's decision that responded, even partially, to neighborhood concerns. ANC 2A filed a memorandum in opposition to GW's motion, and a decision on the motion is expected in the near future.

After the BZA's final decision on the campus plan any parties dissatisfied with the decision can appeal to the D.C. Court of Appeals. Since D.C. law prohibits the ANC from engaging in litigation in the courts, further representation of Foggy Bottom's interests will fall to other neighborhood organizations and individual citizens.

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BEYOND THE BOTTOM

By Kirsten Olsen



I figured since the *Foggy Bottom News* won't be back until fall, I'd better give you enough suggestions for fun outings for the rest of the summer. Just tear out this list, stick it in a drawer, and pull it out when you (or your out-of-town visitors) feel like doing something, but you're fresh out of ideas. The activities I've picked are inexpensive (or free), close, and don't include the Mall.

1. Rent a canoe or rowboat from Thompson's boathouse and peacefully paddle your way up the Potomac. (\$4.50/hr. or \$10/day.) Located at Virginia Ave. and Rock Creek Pkwy. by the Watergate. (Phone: 333-4861.)

2. Rent a bicycle from Thompson's and pedal pleasurable up the C&O Canal or Rock Creek Bike trail. (Men's, women's and children's bikes available for \$2/hr or \$7/day.)

3. Gaze at the gardens of Dum-barton Oaks at 1703 32nd Street N.W. (Open Tues.-Sun. 2-5, admission \$1.) (342-3212)

4. Don't forget the cavorting creatures at the National Zoo! (8 a.m.-8 p.m., free.)

5. Take a wandering walk through the exclusive Kalorama residential section. (Walk up Connecticut Ave. to Wyoming Ave. and taken another left.)

6. Stroll down "important" Embassy Row. (Up 23rd Street to Massachusetts Ave., left.)

7. Catch up on your reading under a Weeping Willow at West Potomac Park. (Take the Rock Creek bike trail toward the Lincoln Memorial and stay along the river.)

8. Smack a golf ball at the driving range at East Potomac Park, dawn to dusk. (\$1.50 for a bas-

ket of balls and they'll lend you clubs; 554-7660.)

9. For little golfers, play the miniature golf course adjacent to the golf center in East Potomac Park (\$1.50 a game. 554-7660.)

10. Seek the latest artistic efforts at the Renwick Gallery on 17th St. and Penn. Ave. (10-5:30 daily (327-2700)).

11. Peruse the paintings at the Corcoran Gallery of Art. (17th and New York Ave., Tues.-Sun. 10-4:30) (except Thurs. until 9) (638-3211.)

12. Fly a kite at the Washington Monument.

13. See marching Marines at the Friday evening parades through Sept. 2 at the Marine barracks on 8th and Eye Streets, SE. (Reservations required, but free! Call 433-4011.)

14. Be a tourist and take a tour of the White House. (How long has it been?) (Tues.-Sat. 10 a.m. to noon, line forms at the East Gate.)

15. See green being generated at the Bureau of Engraving and Printing. (Mon.-Fri. 9 a.m.-2 p.m., 14th and C Streets, 447-9709.)

16. Observe crimefighters at FBI headquarters. (the J. Edgar Hoover Bldg. on Penn. Ave. between 9th and 10th Streets, 324-3447.)

17. Muse on the monuments as you have a drink on the top

of Hotel Washington (on 16th Street across from the Treasury bldg.).

18. Wander through the shops and National Place at the National Press Bldg. (Mon.-Sat. 10-7 p.m. Thurs. to 8 p.m., Sun. noon to 5 p.m., Metro Center Metro stop. 13th and F Streets, N.W., 783-9090.)

19. Check out the shop for spies. The Counter Spy Shop at 1801 K Street N.W. (Open Mon.-Fri. 9:30 a.m. to 6 p.m., 659-3432.)

20. Take stock of U.S. military muscle at the Pentagon. (Tours Mon.-Fri. every half hour from 9:30 a.m. to 3:30 p.m., 695-1776.)

21. Take a tour of where the law is located — the Supreme Court. (First Street and Maryland Ave. N.E., Mon.-Fri. 9 a.m. to 4:30 p.m., 479-3030.)

22. See antebellum artifacts at Arlington House. It's the pil-lared mansion that looks over Arlington National Cemetery. (Open 8 a.m.-5 p.m., 692-0931.)

23. See one of Washington's newest memorials — the U.S. Navy Memorial at Pennsylvania Ave. and 7th Street. (524-0830)

24. Ogle the Declaration of Independence and the U.S. Constitution at the National Ar-

chives. Other displays also. (Daily 10 a.m.-9 p.m.) For a historical hoot call 756-6498 to hear the infamous Watergate tapes. (Mon.-Fri. 8 a.m.-4:30 p.m.)

25. Catch the fish follies at the National Aquarium in the Commerce Dept. Building at 14th and Pennsylvania Ave. (Open daily 9 a.m.-5 p.m. Admission \$1, 50 cents for children, 337-2825.)

26. Bash your volleyball at the nets at Rock Creek Park. (The nets are up on the little patch of land just past the Kennedy Center, but before the Lincoln Memorial.)

27. Make a foray into Georgetown and see the Old Stone House, the only surviving pre-revolutionary building believed to be in D.C. (3051 M Street N.W., Wed.-Sun. tours, 9:30-5 p.m.).

28. Go back to the 1920's at the Woodrow Wilson House at 2340 S Street, N.W. (Tours Tues.-Sun. 10-4, 387-4062.)

29. See the plucky polo ponies at the matches at Lincoln Memorial Field. Sundays at 3 p.m.

30. See the moon rock in the stained glass window at the Washington Cathedral on Wisconsin Ave. (537-6200) Make sure while you're there to tour the gardens and gift shop.

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Police Ticket Bus Ban Violator

By Maria Tyler and Ellie Becker

As Foggy Bottom residents will remember, the Advisory Neighborhood Commission and the Foggy Bottom Association, with the very active participation of residents, fought for nearly seven years for a ban on bus traffic on specified blocks of 25th, 26th and Eye Streets. The endeavors, begun in early 1980, led to the requested bus prohibition on May 29, 1981. However, the neighborhood was subjected to a lengthy contested case proceeding. It was only after this case was won by the neighborhood that the Department of Public Works was able to promulgate a final rulemaking on October 17, 1986.

Despite our victory, which established a national precedent, some tour buses have continued to enter the streets from which they are prohibited. We have reported infractions to the police and worked with the hotel management of the River Inn — the principal generator of the tour bus traffic — to prevent these violations; however, success has been limited thus far. A recent experience in obtaining enforcement of the traffic regulations is therefore encouraging.

A few weekends ago, tour buses were seen servicing the Ri-

ver Inn, in blatant violation of the clearly posted traffic signs. Lt. Doyle of the Metropolitan Police Department's Second District was contacted for help. His responsiveness was gratifying indeed! He placed a police officer on duty at 24th and Eye Streets, and as a bus made the illegal entry onto Eye Street, the officer stopped the driver, forced him to reverse, and issued a hefty ticket for the traffic violation.

Since then, no buses have been seen or reported and we may have reason to be optimistic that this police action has clearly shown that traffic rules are made to be obeyed, and that the police will not shy away from enforcing them. Our thanks to Lt. Doyle and his team at the Second District for protecting our legal rights.

Morella Hansen was a witness to three violations of the bus ban within the span of one week and involving 6 buses from three different companies (including two school buses from Prince George's County). They were dropping passengers off for the River Inn and the Inn at Foggy Bottom. Remonstrations with the drivers did not do any good, and the 2d District police were

notified of the situation.

Sgt. James of the Community Relations Department responded to the complaint and stated his intention to work with the hotels in the area to ensure that the existence of the bus ban would be communicated to their client groups. He also assigned Officer Stephen M. Lee to patrol the bus ban zone at crucial times.

She appreciated very much the cooperation received from the 2d District and encourages anyone spotting an errant bus in our neighborhood to call him at 282-0050 (or 282-0070).

The editor witnessed another example of bad judgment, if not illegality, on the part of some bus drivers recently. Several mornings in a row, at the peak of rush hour, buses would proceed south from Washington Circle on New Hampshire Avenue, and then make a right hand turn onto 24th Street. If you examine the angle of that maneuver, you can imagine the colossal mess the buses made. One managed to block the substantial traffic both ways on 24th for almost 15 minutes while he tried to make the turn, and impeded New Hampshire Avenue as well. It reinforced the fact that our streets are not made for that kind of traffic.



The building at 2001 Eye Street which housed the Electronic Industries Association comes down. It's being demolished to make way for a new 11-story, office/retail complex to be built by the Farr Companies.

ANC Summer Meeting Dates

Tuesday, July 12
Red Cross, 2025 E Street

Tuesday, August 9
Columbia Hospital, 2425 L Street

Tuesday, September 13
St. Mary's Court, 725 24th Street

All meetings begin at 7:30 p.m.

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Call DC HELP when you need assistance from District government, but you do not need the services of a police, fire or ambulance vehicle.

WHEN I DIAL 8-DC-HELP, WHAT KIND OF HELP WILL I GET?

The DC HELP operator will listen to your complaint or question, ask you some questions and give you the name and phone number of a contact person in a District agency who will help you.

IF YOU NEED POLICE, FIRE OR AMBULANCE ASSISTANCE—

DIAL 9-1-1

DC HELP OPERATES 24 HOURS A DAY, 7 DAYS A WEEK

DO I HAVE TO CALL THE CONTACT PERSON?

No. The contact person in the District agency will call you within 48 hours to help you solve the problem. If you wish, you can call the person yourself since you will have the phone number.

WHAT WILL HAPPEN IF I CALL DC HELP AND I DO NEED THE SERVICES OF A POLICE, FIRE OR AMBULANCE VEHICLE?

The DC-HELP operator will transfer your call to the 9-1-1 emergency number for assistance.

WHO OPERATES DC HELP?

DC HELP is operated by the Office of Emergency Preparedness of the District of Columbia.

FOR ALL OTHER SERVICES OR INQUIRIES,
DIAL

8-DC-HELP (832-4357)



For 10 years, the Mayor's Beautification Awards Committee has recognized your effort and that of your neighbors, local businesses and institutions toward making the nation's capital a beautiful place to live and work.

As a resident, business person or staff member, you may recommend your neighbors, a business or an institution for the award. After deciding on a project you feel is worthy of recognition, fill in the information on the recommendation form on the reverse side

ALL RECOMMENDATIONS MUST INCLUDE A COLOR SNAPSHOT. (No slides)

Criteria for Judging of Properties

All recommendations must be clearly typed or printed and should briefly describe the beautification project. They may include clean-up, landscaping or maintenance.

Entries will be judged according to use of color, use of plant materials, landscape composition, lawn maintenance, overall appearance, harmony with surrounding areas and litter control.

Spaces to be considered include residential (houses, apartments, rentals, condominiums, cooperatives); institutions (schools, religious facilities, hospitals, embassies, federal and local government properties) or other special projects. They will be evaluated according to their overall appearance and contribution to the environment. When evaluating schools, the level and quality of participation by students and their parents will be considered.

For more information please contact: 39-TRASH.

Awards Committee

The Mayor's Beautification Awards Committee, together with landscape professionals, will serve as the awards committee. Honorees will be notified by mail of their selection. They will receive an invitation to the Awards Ceremony.

MAYOR'S BEAUTIFICATION AWARDS COMMITTEE RECOMMENDATION FORM

NOMINEE NAME: _____

ADDRESS: _____ ZIP CODE: _____

TELEPHONE: _____ (DAY) _____ (EVENING)

LOCATION AND DESCRIPTION OF BEAUTIFICATION PROJECT
(Circle one) (Residential, commercial, institutional, other. Explain)

Circle appropriate Ward 1, 2, 3, 4, 5, 6, 7, 8 PHOTOGRAPHS: ENCLOSED _____

SUBMITTED BY:

NAME: _____

ADDRESS: _____

TELEPHONE: _____ (DAY) _____ (EVENING)

COMPLETE AND MAIL WITH PHOTOGRAPH TO:
Litter and Solid Waste Reduction Commission
Beautification Awards Committee
John Jones, Chair
1341 Maryland Avenue, N.E.
Washington, D.C. 20002

For more information please contact: 39-TRASH or 398-7274
ALL RECOMMENDATIONS MUST BE RECEIVED BY AUGUST 19, 1988

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GOUPMET

STUFFED CHICKEN BREASTS

6 WHOLE CHICKEN BREASTS HALVED, SKINNED & BONED	1/3 CUP CHOPPED GREEN ONIONS
1/2 CUP FRESH LEMON JUICE	1/2 TEASPOON DRY TARRAGON
8 Ounces CREAM CHEESE	1/2 TEASPOON SALT
	12 SLICES BACON

Preheat oven to 350°. Pound breasts carefully between pieces of wax paper to flatten. Dip in lemon juice. Combine cream cheese, onions, tarragon and salt. Place approximately 2 tablespoons of this mixture on each piece of chicken. Roll like a jelly roll and wrap each piece with a slice of bacon. Secure with toothpicks. Place in buttered shallow baking dish and bake uncovered for 30-40 minutes.

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HOW TO CUT CALORIES IN COOKING

- Select lean beef cuts (top round, top loin strip steak, top sirloin, eye of the round, flank, tip and extra lean ground beef [80-85% lean]).
- Trim outside fat from meats before cooking and trim any separable fat before eating.
- Limit use of added flour, sugar, fats, sauces or gravies in cooking.
- Season with herbs and spices instead of butter, margarine or cream sauces.
- Use low-calorie substitutes for regular ingredients when possible. For example, substitute plain, lowfat yogurt for sour cream or mayonnaise; tomato juice for tomato sauce; skim milk for whole milk or cream.
- Bake, broil or roast meats on a rack so meats will remain above drippings.
- Remove drippings after browning meats for stews, pot roast or ground meat.



MICROWAVING MEAT

Beef Roasts

1. Select roasts weighing no more than four pounds.
2. Place roast fat side down, on rack in microwave-safe dish.
3. Do not add liquid. Cover with waxed paper.
4. Microwave at MEDIUM LOW (200 watts or 30 percent power).
5. Allow 18 to 22 minutes per pound for rare to medium.
6. Rotate dish 1/4 turn every 20 minutes.
7. Invert roast to fat side up midway through cooking.
8. Cook until 5° below desired doneness. To determine doneness of beef roasts use the oven's temperature probe or a meat thermometer after roasts are removed from the oven.
9. Remove from oven; tent with foil; let stand 15 to 20 minutes.

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Foggy Bottom References

MEET THE CANDIDATES

Richard Price, 2555 Pennsylvania Avenue. A resident of Foggy Bottom since 1977, Price is currently FBA President, and also served two years as FBA treasurer. He works at the Congressional Research Service in the area of health policy. A native of Cleveland, Ohio, he received his B.A. and M.A. from Johns Hopkins University and its School of Advanced International Studies. A member of the Westbridge Condominium Board, he is active in the Outreach Committee of St. John's Church, the Downtown Cluster of Congregations, and the Employment Committee of the Downtown Partnership. His special interests in FB are beautification projects, historic preservation and the spring and fall social events staged by the FBA.

Elayne DeVito, 2501 M Street. A native of New York City, DeVito attended Hunter College and the University of Pennsylvania. She has lived in Foggy Bottom since 1986, and worked in the area for four years prior

to that. A stockbroker by profession, she has two grown children. She was elected to the Executive Board in 1987, and is secretary of the 2501 M Street Condominium Association. Special interests are historic preservation, zoning matters, and outreach to senior citizens and the homeless. Her hobbies are reading, travel, art history and music, especially opera.

Jessie I. Stewart, 1001 26th Street. Current FBA secretary, Stewart was born in Brooklyn, New York and attended New York and Cornell universities and the New York School of Labor Relations. She has had a long career in the field of employee relations in New York City, and is now a condominium resident manager. She has been FBA secretary for two years, regularly attends ANC meetings and is especially interested in historic preservation and beautification/cleanliness. The daughter of a sea captain, her family originated in North Scotland and Scandinavia.

Dinanda H. Nooney, 955 26th Street. A resident of the Griffin condominium, Nooney is a native of Hamburg, Germany, and was a photographer prior to her retirement. She worked many years for the New Jersey Association for Retarded Children and for several years gutted and rebuilt houses. She has been active in two political campaigns, participated in the Greater Portsmouth Charitable Foundation, and serves on the Griffin Board of Directors. She enjoys gardening, photography, and outdoor activities generally; she has taken a special interest in maintaining the 26th Street park. She has four children, two grandchildren, and is the sister of Morella Hansen, a longtime FB resident.

Grace E. Watson, 2521 Queen Anne's Lane. A native of New York, N.Y., she attended Hunter College and St. John's University Law School. Currently with the U.S. Department of Education, she is chief of the Training Operations Branch

which provides training skills for the Department. Grace is a board member and former executive director of the National School Volunteer Program. She has lived in FB since 1969 and enjoys gardening, computer technology, reading, opera, and arts in general. An elected member of the FBA Board for several years, she became the first elected FBA membership director. Her interest in computers resulted in her computerizing the FBA membership records. She is also interested in neighborhood beautification, and served on the neighborhood committee which worked on the 26th & K PUD project.

Candidates for the Board

John P. Abruzzese, 1001 26th Street. Abruzzese is a native of Brooklyn, New York, and was trained as an accountant. He has lived in Foggy Bottom since 1985, and was elected to the Executive Board in 1987. He has been active in a variety of FBA activities, including the library cleanup and the 1987 Oktoberfest. He is a single parent with three children, and is Vice President-Investment Officer at Wheat First Securities.

David Carney, 2524 Eye Street. Carney has lived in Foggy Bot—
(continued on page 9)

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Meet the Candidates

(continued from page 8)

tom since 1987 when he moved here from the Boston area. By occupation a computer scientist, he has degrees in music and computer sciences. A native of New York City, he enjoys gardening, theater and concerts. He is currently the FBA representative to the Citizens Against Aircraft Noise, using his knowledge of similar problems with Logan Airport in Boston.

Morris J. Chalick, M.D., 2450 Virginia Avenue. Chalick is a native of Philadelphia, attended the University of Pennsylvania, Jefferson Medical College and Temple University Medical Center, and is a psychiatrist. In addition to membership in professional societies, he is a member of the D.C. Preservation Society, and is active in the Studio Theater, American Federation of Television & Radio Actors, Screen Actors' Guild, United Jewish Appeal and Council for Soviet Jewry. A Foggy Bottom resident since 1968, he has been involved in the Columbia Plaza Tenants' Association, Whitehurst Freeway East End group, formed a neighborhood watch program, and petitioned the D.C. government to change the barriers on Virginia Avenue. He enjoys acting, bicycling, hiking, sculpture, calligraphy and singing.

Evelyn G. Freyman, 2500 Virginia Avenue. She has lived in Foggy Bottom since 1969, and is a native of Kentucky. A talent representative, she has held numerous offices in the American Federation of Television and Radio Artists and is active in the Screen Actors Guild, National Academy of Television Arts and

Sciences and American Guild of Musical Artists. From 1946 to 1955, Freyman was producer and owner of the Olney Theater, a professional summer theater. A past president of the Watergate Cooperative, she is also active in the Anti-Defamation League and the Children's Opera Theater.

Ruth M. Knauf, 955 26th Street. A native of Pittsburgh, Pennsylvania, she attended Oberlin College and Conservatory and Katherine Gibbs. Knauf lists her occupation as "volunteer," and is active in the Friday Morning Music Club, Young Soloists Competition and Women's Committee of the National Symphony Orchestra, and on the Board of American Women Composers. She and her husband "Burt" have three children and five grandchildren. She enjoys a book club, speakers club, music, theater, swimming and walking. She has lived in Foggy Bottom since October, 1986.

Marianna E. Moore, 2124 Eye Street. A native of Washington (born in Columbia Hospital), Moore has lived in FB since 1974 and is a secretary at the law firm of O'Connor & Hannan. She is president of the West End Tenants Association, vice president of the Ward 2 Tenants Council, and treasurer of the Committee to Save Rental Housing. For the past two D.C. Council campaigns, she was Ward 2 coordinator for David Clarke. She enjoys classical music, particularly opera, historical fiction and searching out obscure historical sites throughout the city. Currently serving on the FBA Board, she headed the

Foggy Bottom News

1987 FBA Oktoberfest at Columbia Plaza, is interested in beautification and clean-up projects, and places a high priority on helping the homeless.

Orhan S. Ozdemir, 1121 24th Street. Ozdemir has lived in Foggy Bottom for over 20 years, and is a native of Izmir, Turkey. He attended the University of Florida, Columbia University and Princeton University. Known as Ozzie, he is retired from the U.S. State Department and from Princeton University. A member of FBA, West End, and Dupont Circle citizens associations, he is active in the two community group federations. He is also a member of the National Rifle Association, and is especially interested in a clean and quiet Foggy Bottom, and safety and prosperity for its citizens."

Henrietta Y. Zoltrow, 922 24th Street. A native of Washington, D.C. Zoltrow has lived in FB since 1961 and is in the insurance business. Known as Henry, she has been active in Democratic politics, several charity groups, B'Nai Brith and Hadassah. She is a member of Independent Insurance Agents and Insurance Women of D.C., and as a veteran is a member of the Jewish War Veterans. She belongs to the Shillelaghs and Club America travel clubs, and is interested in beautification and clean-up projects.

GWU Seeks Study Participation

The George Washington University Medical Center, department of obstetrics and gynecology, in conjunction with NIH, is currently recruiting volunteers for a study of hormone and mood changes in women as they age toward menopause. Volunteers will be paid and are selected from three age groups: over 35, under 35, and menopausal women. For more information, call (202) 994-4614.

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Neighbor Saves Neighbors' Efforts

A joint effort by several residents of Eye Street, aimed at beautification and increased safety, was almost destroyed by thieves. In April flagstones from Morella Hansen's yard were placed in the foot alley from Eye Street to Snow's Court, and mulch and plantings were added. Involved in the project were Morella, Marge and John White, and Nori Ushida. A lot of work, but truly worth the effort.

The fortuitous return home of Greg Griewe, of 23 Snow's Court, on the evening of April 27 between 11:30 and midnight, thwarted the theft of the flagstones. They had been placed to make the alley more attractive and passable in rainy weather when water would collect there.

Greg came upon a white van pulled up to the fence opening in the parking lot abutting the alley. Two men were in the process of loading up the flagstones which they had already removed from the alley. The two men alleged that the flagstones belonged to them, but Greg and his wife Carol Cooper disputed this allegation vigorously. While the police were being called the men decided not to wait and took off with the one flagstone already in the van.

It was learned, in addition, that seven other flagstones were taken from another alleyway in Snow's Court between Nos. 9 and 19. Bricks also have been seen being loaded into a white van.

Biz Buzz

By Betty Olsen

Circle your calendar on July 4th . . . that's when the street in front of 2000 Pennsylvania and adjacent park will be closed in celebration with the Mall's shops and the Foggy Bottom Association. Entertainment, food, DJ's with music and lots of fun for free will be had. So join in with your family and friends for the hoopla on this special day with a hip, hip, hurrah. Come early and stay late!

Donatello's has a new front. Notice it as you stop by this address of Joseph Soares, the

owner and manager of the popular restaurant in Foggy Bottom at Pennsylvania Avenue and L Street.

The Top Hat Club, the new neighbor of Donatello's, seems to be in the black, and white, next door. By day it is a Jewish deli, by night it goes with continental cuisine. The piano bar is open from 5 p.m. to closing. See the ad in the News for additional information.

Columbia Hospital Gift Shop and all the other renovations of the site will be finished around July.

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**Health Hints****KENNEY SAYS "COOL IT"**

Summer heat can cause fatigue, nausea, dizziness, blurred vision, and even deafness. If not treated, these conditions can result in heat stroke and, in some cases, death.

The body must constantly lose a certain amount of heat in order to maintain the proper body temperature, says Richard Kenney, Ph.D., chairman and professor of physiology. Hot air prevents the body from losing much heat by convection and humidity prevents it from losing much by evaporation. At the same time, the body tends to gain heat by radiation on sunny days.

Dr. Kenney also encourages keeping an adequate flow of air over your body to remove heat, wearing light, absorbent cotton clothing, opening your shirt collar and untucking your shirt. You should also try to stay in the shade and reduce strenuous outdoor activity.

Dr. Kenney also recommends that you drink enough fluids to quench your thirst, and then 50 percent more. Water or Gatorade are the best choices for replenishing body fluids. Alcoholic fluids such as cold beer increase the loss of fluids through the kidneys and do almost nothing to cool the body.

Following these few suggestions should help you to enjoy a cool, relaxing summer. •

Reprinted from GW "Friday Report," July, 1987.

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NEED CONDO

Professional lady seeks 1-bedroom condo to rent or option to buy in Foggy Bottom. Call Claire 276-7674 or write FB News c/o West End Library. 20037-2026.

FOR RENT. Fripp Island, South Carolina, Condo by the week, month, season. Island is between Charleston and Savannah. All the comforts of home, and then some, with golf, tennis, pools, planned activities for guests and the Atlantic Ocean at your door. Sleeps four - \$350 a week - 965-1506.

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makes it all look good; . . . ad manager Betty Olsen, talented salesperson and FBN promoter; . . . Judy Thomas, Jennie Lazzowski and Ann Mukilik who sort and do bulk deliveries for the paper; . . . Ceil Aptaker, Janet Axtell, Mary Brewster, Randy Brooks, Betty Brown, Claire Ciftci, Marie Dolan, Ed Donaldson, Helen Marie Fruth, Isabella Geppert, Nina Johnston, Gladys Kupper, Anne Lomas, Jon Nowick, Kay O'Brien, Betty Olsen, Virginia Randolph, Donna St. John, Jenifer Seal, Judy Smalley, Catherine Stokes, and Nori Ushida, who regularly deliver the *News*; . . . and the advertisers who support the paper and who deserve our support. Thanks, thanks, thanks to one and all.

Cleanup Session at Library Successful

The June 4 cleanup session at the West End Library drew an enthusiastic group to weed, trim, prune and sweep. On hand were Richard Price, FBA president, along with John Abbuzzese, Ellie Becker, Dorothy Bunevich, Isabella Geppert, Marianna Moore and Steve

Timlin. Columbia Hospital also contributed the help of one of their employees (sorry we didn't get his name). Providing moral support (and some hands-on support as well) was Jim Zais from the Mayor's office, contributing D.C. Cleanup T-shirts to the effort.

Gelman Library Compiles DC Collections

Are you a Foggy Bottom historian?

The Gelman Library of The George Washington University would like your assistance with its Collections DC survey. Collections DC is a project to compile a computerized directory of primary sources for the historical and cultural study of Washington, D.C. Project Archivist Susan Wheeler would like to in-

clude community associations, social welfare groups, community activist groups, churches and any other institutions which have participated in the growth of Washington as a non-Federal City. If you know of such a group that has retained its historical records please call her at (202) 994-7549 between 10:00 a.m. thru 4:00 p.m.

How healthy is your walk? A 1-minute speed test

Walking may be the hottest heart-healthy exercise going if you stride along briskly enough (3.5 miles per hour minimum) to get the benefits. How to get a handle on how fast you're going without either using a pedometer or pacing a track? Easy... just wear a watch and count how many steps you take per minute, then convert your rate into m.p.h. with the chart below.

WALK-FOR-YOUR-HEART CHART

STEPS PER MINUTE	MILES PER HOUR
70	2
90	2.5
105	3
120	3.5
140	4
160	4.5
175	5
190	5.5
210+	6+

The chart above is based on a 2.5-foot-long stride. If yours is closer to 3 feet, calculate your walking speed this way: Count how many steps you take in a minute and divide that number by 30; i.e., if you're taking about 105 steps per minute, you're covering a heart-challenging 3.5 miles per hour.

Adapted from an article in University of California, Berkeley Wellness Letter, P.O. Box 10922, Des Moines, IA 50340. © Health Letter Associates, 1987

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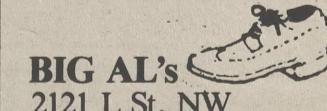
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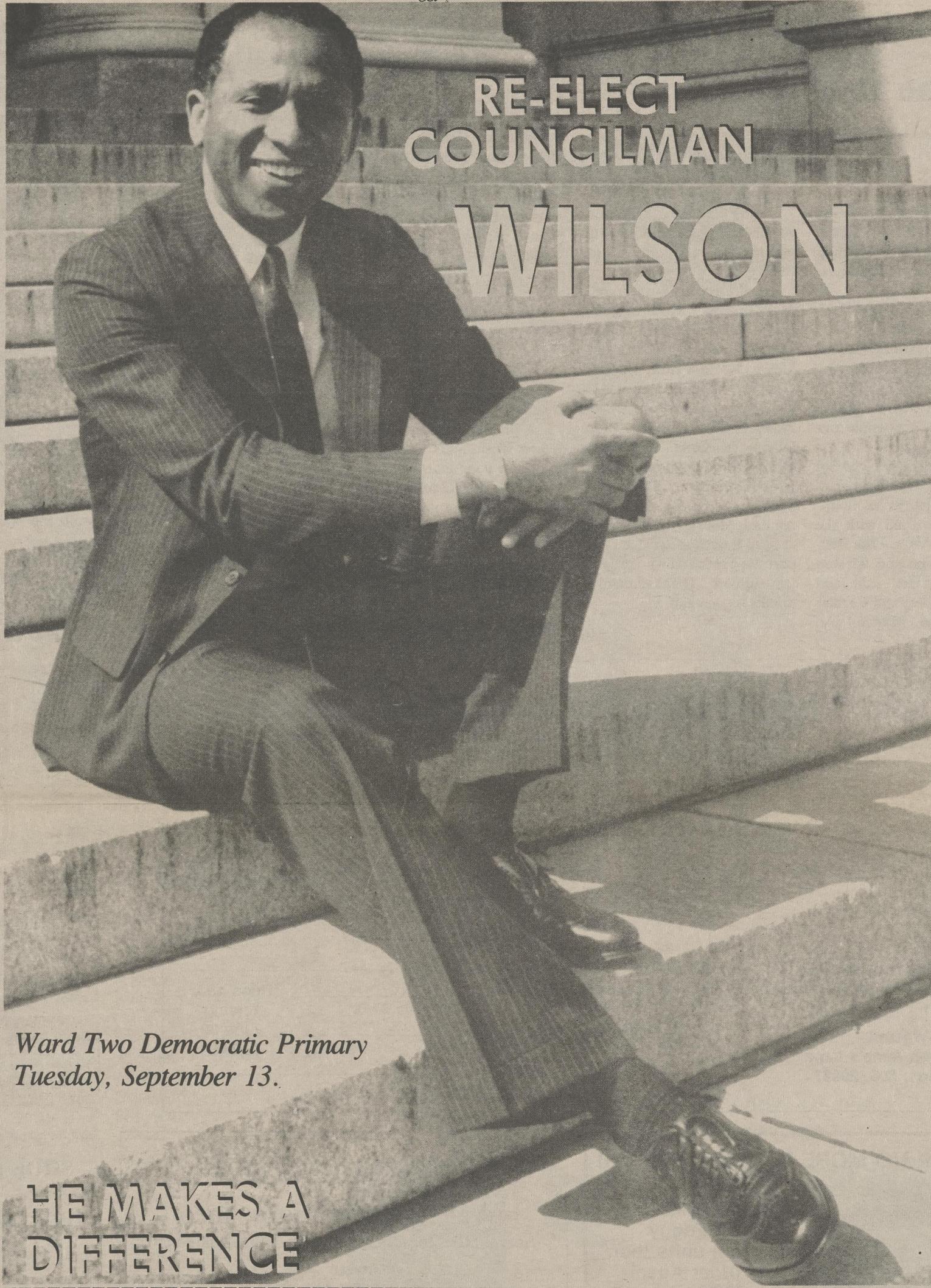
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